

What should I do when my child gets excited and cannot settle down?

Always supervise your child closely in order to prevent them from getting too excited to settle down. Consider your child's age and development before expecting them to quiet down after getting excited. Tell your child the plans for the day. Give advance notice 10-15 minutes prior to beginning or ending an activity.

Give your child a special signal when they are not settling down. (a secret word, a hand signal, etc.) Provide your child with quiet calming activities like listening to music or reading a story in order to help them quiet down after getting excited.

When your child cannot calm down, explain what they are doing wrong, what they are supposed to be doing and why. For example: Your child is playing with his friends at the pool and begins splashing, pushing, and encouraging his friends to behave inappropriately. Say, "you are not following the pool rules, you need to stop splashing, pushing and encouraging your friends to break the pool rules. If you cannot follow the pool rules, we will have to go home."

Give your child plenty of time to settle down after an activity (have your child stop the activity 20 minutes before coming into the house, turn off the TV one hour before bedtime, stop swimming 15 minutes before it is time to go home, etc.).

Be consistent, and don't allow your child to run the house one day and expect appropriate behavior the next day.